

M A Y - J U N E 2 0 2 0

the

StrideRight

www.floridastriders.com

Club #229



Lakeside Elementary makes the most of Run to the Sun's Virtual Fun Run

As you all know, the coronavirus has disrupted many aspects of our lives, be it our work, shopping for groceries, spending time with our friends, and all of our extracurricular activities. Businesses and organizations are all affected by this pandemic, including our own. We had to change the Run to the Sun to a virtual race, and our Memorial Day 5k at the moment, is still undecided as to whether it will become a virtual race as well. These races are just two out of hundreds of races that have had to postpone, change to virtual, or cancel altogether. It is devastating to the companies that rely on the races to keep their businesses afloat, and it is disheartening to those people who love to run and get their social time from events such as these.

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MESSAGE FROM THE PRESIDENT

While our usual activities have been disrupted by social distancing and event cancellations, I've been talking to some of my friends about our favorite activity.....running!

Many of you probably assume that these discussions might be negative. There is a little bit of truth to that, but for the most part, our conversations stay positive. We talk about the things we have learned to appreciate from being a runner, especially in these recent times! Following is a listing of some things we have learned to appreciate. I'll bet there are plenty more!

A cool breeze when it's hot outside.
Sunshine when the temperature is extra cold.
Fifty-degree running temperature.
A smooth, wide sidewalk to run on.
Low humidity.
The temperature drop you feel when running near or through woods.
A recently re-paved street.
Cloud cover on a warm day.
A convenient port-o-let.
A friend to run with (6 feet apart).
Texts and emails to help with motivation and accountability.
Drivers who give you room to run in the street.
The community of friends met through running.
The changing scenery.
Time alone with our thoughts.
The beauty of nature.
The Florida Striders!
A water fountain.
A friendly wave from other runners.
Eating without fear of gaining weight.
Seeing wildlife.
Meeting friendly dogs.
No traffic in the way.
Running in the rain.
The downhill portion of our running route.

Let's all remember to appreciate what we have. It's been said that we don't appreciate what we have until it is gone. Those words ring true during our recent times. Thankfully, as I write this, it appears that we are getting closer to being able to return to a more normal lifestyle. I look forward to once again scheduling events and enjoying social time with you all!

Regards, *Jon*



Angry Tortoise, B.C.

Written by Mae Barker, Race Director

The Angry Tortoise may have been one of the last races that took place B.C. (B.C. = Before Covid-19) and may turn out to be one of the final races of 2020 (I hope not, but who knows at this point in time). As a second-year race director, I apologize for bringing this upon everyone. It was really my fault in that I had told several people how well things were going in the race preparation for this year's race. Sold-out race, awesome sponsors, plenty of volunteers, great swag, likelihood for cooler weathers... If you remember my race report from last year, last year's Angry Tortoise was a great success too, but in the 48 hours prior, I nearly DNF'd in my first attempt at race directing and learned a lot of lessons the hard way. So, of course, what did I do this year by saying, "Wow, things are just going swimmingly?" Yep, darn it, I jinxed myself and brought upon a worldwide pandemic. Please accept my apologies if I have the chance to direct another race again, I will make sure to not repeat this mistake.



50K Female Winner, Jennifer Borgio

If you are like me and you feel like you are living in a strange science fiction movie and time is very much distorted, please allow me remind you that just one weekend prior to the Angry Tortoise, many of us were running the Gate River Run and celebrating with our running families afterwards. Such celebration likely involved partaking in sweaty hugs, receiving massages at the finish line, sharing food from the potluck feast, and posing for group pictures. So, you can imagine my disbelief and shock as I wondered in the 24 hours prior to the Angry Tortoise, less than one week since the Gate, would it still be able to take place.

Luckily, the Angry Tortoise did take place, and the race was actually an AMAZING success. We raised \$7000 dollars for our club's kids' running programs!!! We had 127 starters out of 150 registered runners (which is the largest Angry Tortoise race to date). I hope you will check out some of the great race photos on Facebook – See Semper Fi Photos. I am so appreciative to my fantastic team of volunteers – my parents, Shirlene and Tracy Barker, my kids Ella Rose and Lillian, Mike Martinez and his Run 4 Recovery Crew, Joe Pinter, Frank Frazier, Perry and Michele Pelham, and Joe McQuade. Also, please show the love to our wonderful race sponsors by using their services and patronizing their businesses, especially during this challenging time:

- Regina Sooe, Realtor : <https://reginarunsrealestate.com> – Regina is an awesome ultra-runner and real estate agent. Last year, she sold two of my family member's houses in less than 1 month to cash-buyers! Yes, she is that awesome!
 - Regina Sooe has been a long-time financial supporter of the Angry Tortoise and other community running programs like Marathon High!
- Garber Automall: <https://www.garberautomall.com>
 - Garber continues to be one of our chief financial supporters. They have a great array of vehicles and a wonderful service department. Check them out in Green Cove Springs.

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Why Did We Change Our Website?

And What Does it Mean For Me?

The Striders launched a new and improved website in November 2019 that has advantages for our Club, overall. Many actions previously done by volunteers are now automated. The upgrade does involve changes to actions that all members will want to take at some point. So here are some questions and answers.

Do I need to log into the website to renew or register for a race?

Yes, all Striders need a username and password to log into the website. If you are an existing member and have not done this, go to floridastriders.com and click the Forgot Password button. You will get an email that takes you to a page for creating a username and password. Both can be short and simple. Return to the home page and log in with your new username and password.

What is my profile and do I need to review it?

Our profile is the information about our membership. YES we all need to review and edit it. The launch of our roster in November was not perfect. The first time we open our profile, our DOB is wrong and our gender and state of residence is blank. We need to update these items.

What do I do?

Click Edit Profile. Once open, you can change your username and password at any time. We can add information in the Notes field. After editing, click **Save** at the bottom.

What else can I do in my profile?

Great question! We can add a photo of ourselves and print or download a Membership Card (good to take to 1st Place Sports and New Balance). There are other features in the profile for us to explore.

Are there changes to Family Memberships?

YES! Every adult in the family should have their own profile, and children can have one also. A separate profile is required for all family members, including children, who will be registering for our Strider races and who want a membership card. For most existing Family memberships, there is already a profile on both adults, and both profiles need the edits mentioned above.

I am a parent; what should I do?

One adult in the family is the Family Head. When this person logs in and looks at their profile, they will have an ADD MEMBER button on their profile. The family head can set up other family members' usernames and passwords and complete the profile form. After creating or editing any profile, always click Save at the bottom.

What about races?

Our website has a good system for Strider race registrations. Each person's membership status will be verified as the first step in race registration and the Strider discount will be automatic.

We hope this information is helpful to you! Let us know if you still have questions.

George Hoskins email: membership@floridastriders.com

M E M B E R S H I P

New & Renewing Families/Members

Mike Atzert	Aidan Emanuel	Sawyer Holbrook	Macey Mealor	Tommie Sheridan
Heidi Barfield	Keegan Emanuel	Hayden Holbrook	Mary Jane Mealor	Shade Slimp
Terence Barfield	Jo Anna Emanuel	Martha Irene	Jamie Mealor	Amber Slimp
Maureen Barrett	Beth Fagin	Tyler Jump	Thomas Mealor	Taylor Starling
Ellen Carson	Christine Ford	Tiffany Kovacs	Dale Perry	Vance Sumner
Emilio Cavaceppi	Britta Fortson	John Kovacs	Celita Perry	Dawn Sumner
Janice Childress	Andrew Galbus	Jacqueline Kroggel	Travis Radzelovage	Chi Sun
Doug Cooper	Samuel Garvey	Taylor Land	Kristin Radzelovage	Richard Tracy
Mark Corpuz	John Gilman	Scott Land	Page Ramezani	Mical Van De
Vanessa Crockette	Carol Gurkin	Laura LaRue	Richard Robinson	Water
Shawn Davidson	Jarret Hartley	Cindy Lunsford	Lauren Rosset	Cristi Wagner
Shani Dempsey	Ilana Hass	Cynthia Lyons	Tom Ryan	Cathy Walker
Brian Emanuel	Riley Holbrook	Austin Mealor	Isabella Schneider	Nora Wilson
				Carol Wyninger

Join the Florida Striders Track Club

The Florida Striders Track Club is a family oriented club that stages 5 races each year, offers free children's fun runs with our races, and has socials and other activities on a regular basis. Profits from our events are funneled back into community projects to promote fitness and health. Our Newsletter, the StrideRight, includes articles from our members, fitness tips, and pictures of our members in action, race results, and items of general interest. See our website, www.floridastriders.com, or contact our membership director, George Hoskins, 264-4372, or email membership@floridastriders.com for more information. Complete the membership application below and come have fun with us.

Florida Striders Membership Application

			New <input type="checkbox"/>	Renewal <input type="checkbox"/>
Last Name	First	MI		
Address		Apt#	# in Family	Spouse's Name (Family Membership Only)
City	State	Zip	Your DOB	Spouse's DOB
Home/Cell Phone		Alternate Phone (Optional)	Children's Names (Family Membership Only)	

Email Address (print clearly)	Signature	Date
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Would you like to make a donation to the Children's Running Program?

☐ \$1 ☐ \$2 ☐ \$5 ☐ Other Amt \$ _____

Annual Dues

- ☐ Family \$25 (2 years \$50, 3 years \$75)
☐ Single \$20 (2 years \$40, 3 years \$60)
☐ Junior \$15 (2 years \$30, 3 years \$45) (under 18)
☐ Senior \$15 (2 years \$30, 3 years \$45) (age 65+)

I know that running and volunteering to work in club races are potentially hazardous activities. I should not enter and run in club activities unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to my ability to safely complete the run. I assume all risks associated with running and volunteering to work club races including, but not limited to, falls, contact with other participants, the effects of the weather, including high heat and/or humidity, the conditions of the road or the traffic on the course, all such risks being known and appreciated by me. Having read this waiver and knowing these facts, and in consideration of your acceptance of my application for membership, I, for myself and anyone entitled to act on my behalf, waive and release the Road Runners Club of America, The Florida Striders Track Club, and all sponsors, their representatives and successors from all claims and liabilities of any kind arising out of my participation in these club activities, even though that liabilities may arise out of negligence or carelessness on the part of the persons named in this waiver. Rev. 12/15

Mail Application with dues to:

Florida Striders - 2254 Gabriel Drive - Orange Park, FL 32073

Upcoming Races

Due to the uncertainty of scheduling, all dates and times of upcoming races are subject to change at any given time. Please refer to Ken Bendy's race calendar at www.ameliaislandrunners.webs.com/kbendy/rracal.htm, 1st Place Sports' website, and our Facebook page for the most up to date information about the status of all upcoming races and events.

Race Update...

Memorial Day hopefully will be run this year. At the present time we are not taking registrations because of the Coronavirus. Right now it looks like it will be a VIRTUAL run. If that's the case, the 10% hats will be given out after the race as a lottery. Runners will be picked by random and will receive them with their shirt and medal. We will keep you advised through our Facebook page on all updates concerning the race.

Thank you,
Scott Hershey
Memorial Day Race Director



Florida Strider Partners



KEEPING THE BODY IN BALANCE

Written by Sean McCormack

Most of us if we have been running long enough to have experienced a myriad of various injuries, from the daily aches and pains to issues that have led to more substantial layoffs. What many people don't fully understand is that almost all of these are preventable. In fact, it's when the body is out of balance that these problems most frequently appear. So, what exactly does that mean?..... Keep reading.

Around 30 years ago, I was struggling with an injury that had me puzzled. After about 2 miles my legs were getting so weak that I could hardly lift them and would have to stop. I tried rest and physical therapy, but nothing seemed to help. Finally, I spoke with Doug Alred and he referred me to a neuromuscular therapist. These are essentially massage therapists who have training on anatomy and are excellent at isolating the cause of a soft tissue (muscle, tendon, ligament) issue.

Kyle Wright of the Wright Center, who measured multiple anatomical landmarks from head to toe, evaluated me. What happened next was truly extraordinary. Kyle asked me why, since I run so much and had very little body fat, did I in fact have "love handles" around the waist? I had no idea. He then on a flip chart sketched a rough illustration of the body. Essentially, picture a stick figure drawing turned sideways with a midline to separate the body from front and back. Long story short, my issue was that the anterior, or front of my body was significantly shortened compared to the posterior structures. The bottom of my rib cage was very close to the top of my hip. So, my "love handles" were caused because my abdominal cavity had very little space and pushed everything sideways. I was way out of balance, and what I learned that day was eye opening. In fact, my abdominals, quadriceps, and anterior cervical were drawing my body down. So, if one side of the body is short, the opposing side must therefore be lengthened. This included the soft tissues of my lower back and hamstrings where for years I had battled with tightness.

Kyle told me that made perfect sense, because discomfort is almost always felt on the side that is lengthened and weak. The body is just like a rope and pulley system. If you shorten one side, the other side must be long to compensate. My issues were originating from where I had no pain or discomfort - the anterior where my muscles were shortened, hyper

contracted and lacking strength.

The first thing Kyle told me was to stop doing exercises that further shortened the anterior side, most notably, to stay away from sit ups and crunches. In fact, the reason I could barely lift my legs was my deep abdominals (psoas) being so tight and short that they were hyper contracted, ischemic, and as a result, had no strength. It was causing low back tightness as the opposing tissues were stretched, lengthened and weakened. I needed to get my body back in balance and this made so much sense.

My therapy consisted of 2-hour sessions where Kyle would use his elbow to gradually sink in to my deep abdominals and with constant pressure start releasing the tissues. The results were almost immediate. My posture improved, and I supplemented treatment with exercises and stretches to open the anterior. One example is using a large exercise ball and bridging back over it utilizing a wall for support and letting my legs hang and start to release. I still do this routine every day and it is wonderful to stretch the abdominals and take pressure off the lower back. Within a few weeks I was back training at full strength from a problem that had lingered for months. I was so fascinated with the bodywork results that I enrolled in Kyle's school to learn everything I could and keep that knowledge as a coach.

An interesting, but good analogy is people that work everyday at a desk will frequently have the same issues, although the tightness is more manifested in upper shoulder and neck instead of lower back and hamstrings. The same principle applies. This time the shortened tissues that need to be released are in the anterior cervical spine (scalene), and the same stretching and exercise principles apply. Cyclists are also able to constantly have shortened anterior structures, including abdominals and cervical areas.

Just as the body can be out of balance from front to back, the same applies from left to right. One leg can be longer through running imbalances, which can arise from consistently running on uneven surfaces, like one side of the road. A good example is ITB problems, and as outlined above, the cause of the pain will be on the short leg, but the pain and inflammation will be felt on

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AN ANGRY TORTOISE RACE REPORT

Written by Vicky Connell

Last weekend, I was fortunate to participate in the Angry Tortoise 25K Trail Race. It was probably one of the last races that will occur in the foreseeable future, considering that most are being cancelled or postponed because of COVID19.

The day started out on an ominous note as my daughter Marissa was trying to find a flight out of Grenada where she was being evacuated. She was highly stressed out, and of course I was a bit stressed on her behalf. I did something I've never done before and decided to run with my phone, mainly because I've done this race previously, and I know how difficult the last few miles can feel. I was planning to listen to music at the end to make it seem less daunting. So there I was at the start of the race, texting Marissa who still didn't have a definite plane ride home. Then someone said go, and off I went into the forest, placing my phone in my pocket.

There were about 75 or so people with me, and as always, some darted ahead while others fell behind. In the beginning I passed quite a few. At about 4 miles I passed the first checkpoint (you pass the same one three times as you run in a clover leaf course pattern). The runners were starting to spread out at that point, although there were still people in sight both in front and behind me. At roughly mile 7, I took a turn, thinking I was following those in front of me. I don't remember seeing the course marking, but I admit my mind was on other things. I soon noticed that I couldn't see anyone in front or behind me.



This isn't all that unusual for this race, but it usually happens much later.

I kept on, and then noticed the trail was unusually rough this year. The thought occurred that maybe I missed a turn, but I immediately thought - no way! I kept going. Then came a point where I had to turn right or left, and there were no course signs to tell me which way to go. I now had to admit I was off course. I chose to turn left, thinking that it would lead me back around to the course. But I was wrong. The trail was getting worse and I knew I had to figure something out quickly before I was hopelessly lost.

I called my husband Jim who was at home, hoping he could see where I was on the phone, check the course map, and tell me which way to go. His comment? "You're in the middle of the forest and there are no trails anywhere that I can see!" So, I turned around, and at that point started walking since the road was so rough. I also managed to get Mae Barker, the Race Director, on the phone, but she had no idea where I was either. At this point I was not too happy!! I just kept going, hoping that something would look familiar, and eventually it did. I found the point where I had missed the turn sign and this time went the correct direction, resuming my run. When I got back to the checkpoint, I asked one of the volunteers, Mike Martinez, what my mileage should be at that point, and he replied - "You should be at 7 miles now". My Garmin watch was reading 10 miles, so I knew I had run 3 miles total off course.

At that point quitting was just not an option, and there was nothing left to do but finish the race, which I did, running a total of 18.5 miles instead of 15.5. And yes, the last few miles were definitely tough, and having the music to listen to helped! Although I ended up not placing as high for the finish as I had hoped, at least I finished in one piece and no one had to come rescue me!

Quarantine Backyard Ultra

The Quest for the Golden Toilet Paper Roll

Written by Regina Sooley

This is indeed a time of stress and concern for everyone. In a way, runners are lucky that we have an inexpensive hobby we can do anywhere that helps us feel good and relieve stress. Our routines are interrupted because our gym is closed, or our usual running group cannot meet. I have embraced my garage gym, running alone, and at home fitness challenges.

Enter, the Quarantine Backyard Ultra, a free running event with a special format invented by infamous race director Lazarus Lake, and run in his Backyard in Bell Buckle, TN. The concept is simple: run 4.167 miles per hour, every hour, on the hour, until you can't; then you are eliminated with a DNF. Why 4.167? Because every 24 hours you complete 100 miles. The race ends when the Last Man Standing completes one final solo lap and wins: everyone else DNFs. If that last person fails to complete the solo lap, there is no winner. How unfair. Laz races can be unfair, but also wonderful.

Personal Peak Ultra set up the QBU with the added rules that you could run your 4.167 miles on a treadmill, or any course of your choosing, as long as you show yourself in your starting corral at the top of each hour, and you upload your laps to Strava or show a photo of your Garmin at the end of each lap. The whole thing was to be streamed on a giant Zoom meeting all around the world for participants and spectators to witness.

So many people signed up; around 2500 runners in 53 countries, that there were three giant Zoom meetings: one for the elite field (one of the deepest ever assembled), and two for everyone else. The day before the race, runners from all over the world proudly displayed photos with homemade race bibs, along with words of encouragement and gratitude.

I was badly out of Ultra shape, but my goals were a) finish in the top 50 b) make it 24 hours and c) have fun! The world record for a Backyard Ultra is 68 laps or 283.335 miles by Johan Steene at Big's Backyard Ultra in October 2018. I was at that race, and I timed out at the end of Lap 12, because of my bad eyesight/poor trail running skills.

We drew a starting corral outside the garage in chalk, a place to record laps, some random drinks and snacks, a laptop set to Zoom, and off we went. Bill's plan was to walk 4 loops and he did just that, getting in a great workout and prepared to crew me. "I am not staying up all night," he said for the umpteenth time, and I think this time he meant it. Bill Page is a saint for accompanying me on ultra racing adventures; setting up and breaking down camp, following me in a car across Tenn in July for almost 5 days, seeing me cry, whine, throw up, argue, and other things I cannot write here. Yes, he's a keeper!

I ran loops around my neighborhood. I was getting some cheers, strange looks, and questions from neighbors, as they saw me run by over and over and over again. The Backyard format provides an interesting pacing problem, because you have to go slow enough to be able to keep going, but fast enough to finish the loop in time to take care of basic needs, stretch out the legs, sit down with legs elevated, change clothes etc.

There is really no way to bank time, because even if you run the loop pretty fast in 30 minutes, you must start the next loop at the top of the hour, so you never get more than a few minutes of rest here and there. I have played the sleep deprivation game before, and for me there is no advantage to a few more minutes to rest that outweighs the toll on the legs. Therefore, my strategy was to run at 9-9:45 pace somewhere between 2-4 minutes and walk :30 to 1 minute, but later on it became running the shade and walking the sun. I finished most laps between 40-50 minutes and had time to elevate my legs, stretch/roll, eat and drink.



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Why I Volunteer

(and why you should too!)

Written by Vicky Connell

I know many people who volunteer for various organizations. It helps our society in so many ways, as there's never enough money to pay people to do important work that so many need. For myself, I volunteer to help people become healthy and fit, specifically through running.

I have been a volunteer for the Florida Striders for over 20 years. I have done many different jobs for the club, but the most gratifying of all has been that of coach. I have coached hundreds of beginners training to complete their first 5K race. I have always enjoyed working with beginners, as they are usually very enthusiastic and fun to be around. Many of them often don't have the confidence that they will be able to do the training, and it's very gratifying to see their confidence grow as they become more fit and capable with every run.

Over the years I've also had the pleasure of working with many people who were there to improve their times in a variety of distances. There's nothing quite like working with someone who achieves a PR (Personal Record) after attending one of my classes. I feel so proud of their accomplishment!

Recently I had the pleasure of being a small part of one of my favorite students achieving a long time goal. DiOnne Clark finally got a Top 10% hat at the Gate River Run this past March! She was so happy, it was infectious! She gave me a lot of the credit, which I promptly told her was all hers. She put in the hard work to achieve her goal, and it paid off in a big way!

This year's Gate River Run was one of the best ever, and as always, we had a huge crowd in our tent. I started out my volunteer work by helping to man our booth at the Expo where we give out our wristbands. This is my opportunity to see a lot of people I know, and talk to new people about why they need to join our fantastic club. It's truly enjoyable which I why I do this every year.

Next volunteer opportunity was the morning of the River Run. I usually show up early and help man the entrance gate. Due to the great work of our volunteer Membership Chairman George Hoskins, this job has gotten significantly easier with everyone getting their membership squared away in advance. I wasn't really needed, but I spotted pretty quickly that they needed help with the food tent.

So I went to offer whatever help I could, spending as much time there as possible until I needed to line up for the race. After the race, I returned and saw the same people still working the food tent without much relief, and this was a few hours later. After I'd eaten and socialized a bit myself, I jumped in to do what I could. Before long the crowd thinned as most people headed home. I looked around expecting more help to arrive, but it did not. It was mostly the same people who had started the morning around 5am, worked through the race, and were still working to clean up after the noon hour, while everyone else packed their personal belongings and left. Most of the volunteers cleaning up were also the same people who have done this job for many years.

As I helped to clean up, I began to get frustrated. I thought of all the people who use our tent year after year and have never volunteered to help. Not even to pick up some trash or help fold up a table, and I realized this just isn't right. I know that it could be so easy if everyone pitched in and helped just a little; then a few people wouldn't have such a huge amount of work, and we could all spend some time enjoying the morning.

The more I thought about it, the more I realized that this is exactly what needs to happen! So I'm proposing that next year, you only get a pass if it's your first time ever coming to our tent. For everyone else, you need to commit 15 to 30 minutes at some point during the morning to help. If that's not possible, consider volunteering to help at the Expo, or set up our area the day before the race. There are many areas that need volunteers, and as the saying goes, "Many hands make light work." Next year I plan to help come up with a schedule with positions and times that need volunteers, and have a sign-up sheet posted at our Expo Booth. An event like we produce does not just happen! Much goes into it before, during and after, and there's something you can do to help.

So put it on your calendar now, and start thinking about where you can volunteer a little time for the Florida Striders Track Club. If you want to do more than just help at the tent next year, that would be even better (all of our events are put on by volunteers!) See any of the Board Members to get some ideas, or just call me. I've got lots of ideas to share!

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Despite the setbacks we have all experienced, there are those who have gotten creative and have figured out a way to stay positive and active.

As mentioned before, our Run to the Sun 8K/5K/1M switched to a virtual run. Typically, schools from all over St. Johns, Duval, and especially Clay County, take part in the 1-mile free fun run. Unfortunately, not many schools engaged in the race virtually. One school, however, did participate, and not only did they participate, they participated with FLAIR. Thanks to Kim Tracanna-Breault, the P.E. teacher at Lakeside Elementary, an amazing number of Lakeside Elementary teachers, students, and families all joined in on their Run to the Sun Virtual Super Hero Fun Run. So many children and adults dressed up in their superhero costumes, ran their one-mile fun run, and posted pictures of their success and good time. By the end of the day on April 18th, they had 207 kids, 2 administrators, 60 parents, 2 grandparents, 1 Officer Rob, 15 former students, and 10 teachers all running for a grand total of 297 participants!

Scattered around this page are just a few of the pictures taken and sent in to commemorate this exciting and fun-filled spin on Run to the Sun's 1-Mile Fun Run. I wish I could put all the pictures here, but you can see more on Lakeside Elementary's Facebook page. An additional bit of information – Lakeside Elementary has been the school with the most participation based on their enrollment since 1989.



“Angry Tortoise” continued

- Thyme Down South Restaurant and Catering: <https://thymedownsouth.com>
 - Returning as our post-race food sponsor! I love their soulful cooking, especially after a long run. Check out their restaurant off Kingsley Ave in Orange Park. They offer catering too!
- PRS Race Timing: <https://www.prsracetiming.com>
 - One of our valued returning sponsors! Coach Paul McRae and Rob Gould are amazing in handling our timing, providing our bibs and being present through the whole race to make sure we had accurate results!
 - PRS Race Timing puts on some great fun community races. Check out the website for upcoming races and check out Paul’s coaching services!
- Picky Bars: <https://pickybars.com>
 - One of our new sponsors! Picky Bars are made by runners – they have a great assortment of bars, oatmeal and granola. My family has been eating their products over the past 2 years!!!!
- Preferred Physical Therapy <https://www.preferredphysicaltherapypt.com>
 - One of our new financial supporters! My PT Cameron Juneau keeps me in running shape by regular ASTEM. Don’t know what that is? Call up Preferred, and schedule an appointment. They have an experience group of PTs to help you recover from injuries and, better yet, stay injury free.
- Local Fare <https://www.localfarejax.com>
 - One of our new sponsors! I love how Local Fare will deliver fresh, local produce right to your door. They also have a great shop in Orange Park where you can buy local meats, produce, cheeses, honey, and more.



Fastest family (from left to right): Cody Pointius (25K Overall Winner), Kelsey Beckman (25K Female Overall Winner), Kim Pontius (50K Master's Winner), Randy Pontius (25K Grandmaster's Winner)

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- Hemp Daddy <https://hempdaddys.com>
 - One of our new sponsors! Hemp Daddy provides quality CBD products from Colorado. I use their CBD creams for pain-relief and CBD oil for improved sleep. They are one of our financial supporters and provided some great products for raffles and coupons too! Check them out!
- Flatlander Running: www.flatlander.run
 - Your race director, Mae, and her hubby Zach Hanna started Flatlander Running a couple years ago. We hope to provide some awesome run-cations and running adventures in the years ahead!
- Michael Brynildsen - *Owner / Photographer*, Semper Fi Photos
 - An awesome returning sponsor who captures great photos from our race and shares them for free on his Facebook page!
- Urban Bean Coffeehouse: <http://www.theurbanbeancoffeehouse.com>
 - Another awesome returning sponsor! You will find a free latte card in your race bag. My favorite tea latte is the Ginger Turmeric latte with Macademia Nut milk (YUMMY). Urban Bean located in OP has a wonderful selection of gourmet donuts, breakfast foods, lunch/dinner selections, and, of course, COFFEE! Check them out!
- Meteor Nutrition <http://www.meteornutrition.com>
 - Thank you to amazing runner and dietitian Kelsey Beckman for coming on as one of our new sponsors. She donated an amazing nutrition package that we raffled off early in our registration drive.
- Clay County Amateur Radio Emergency Service: <http://www.clayares.org/wp/>
 - The HAMM radio team helped keep track of all of our runners out there!
- Poochies Dog Park, Boarding, and Pet Spa: <http://www.poochiespark.com>
 - One of our returning financial supporters. This is the best place for doggy day care, boarding, and grooming. My dog Miley loves their ponds and playgrounds. Check out their location in Orange Park.

To view the results from the race, please go to ultrasignup.com

“Body in Balance” continued

the long side. By getting the legs symmetrical in length through soft tissue bodywork, the injury can be solved a lot quicker. One other illustrative example is plantar fasciitis. If you have ever suffered from it, you know how discomforting it can be. I experienced a bad case, and when I returned for therapy, I learned that the cause was from a weakened and inflamed soleus muscle (deep in your calf) that pulled on the Achilles tendon, which attaches in to the heel and the origin of the plantar fascia. Once again, after isolated specific treatment to the calf area, the plantar injury subsided quickly. Just another example that frequently where the pain is experienced is often not the area of cause.

In conclusion, when I coach individuals today, I really emphasize routines that will keep the body in balance. Cross training is essential to avoid overloading the same muscle groups from distance running. Core strengthening exercises are critical, and in my opinion, nothing is more valuable than yoga in helping the body find balance. Finally, I haven't done a sit up in years and my abs are actually stronger. Hope this was helpful, and if you have any questions, please reach out.

(Sean McCormack is a certified USTAF Level 1 Coach & was Head Coach at Georgia Southern University's Men's & Women's Cross-Country Team) seanmichaelmccormack@gmail.com

“Quarantine” continued

Running long distances is meditative for me, so I don't listen to music. I want to be in tune with every part of my body, so I know what I need to do each lap to keep running well, and fight off issues. I also constantly remind myself that I am strong, capable, good enough, and grateful to be alive and running in a safe place. My low point was around 4 p.m, because it was hot outside, and I was no where near any solid goal...just 7 hours and 29 miles in a meaningless pile of miles with no end in sight.

Marc Burget showed up at 6, and set us up on a pattern of run 2 minutes, walk :30, reminding me that with each minute it was getting cooler and cooler. I let my mind rest completely, just putting one foot in front of the other, as my energy slowly returned. As a control freak, it is both difficult and rewarding to let someone else do the thinking and just run, but this very technique can get you through most any difficult task in running and life.

My “night loop” was a nice square mile, a little boring, but hypnotic. After 12 hours and 50 miles, I felt pretty good and nothing really hurt. A quick, cold shower and wardrobe change gave me a second wind as I headed out into the warm, humid night. There is nothing quite like a fresh, clean pair of shorts that will rub you in a whole new set of places!

Midnight and 100k in the books. The next 4 hours would make or break my day. It had not gotten as cool as I had hoped, and I was headed into No Man's Land....no major benchmark between here and 100 miles. I have always thought there should be a 130k race just to give people something to look forward to around 80 miles.

Liesl Savage to the rescue: she joined me for 4 glorious hours, kept me awake and in good spirits. The number of runners was dwindling by the hour, just around 200-300 left, so I became more and more determined to keep going. We had slowed quite a bit, so each loop was about 50% walking and closer to 52 minutes. At this time of night that was fine, because I didn't want to get stiff or fall asleep between laps.

At 4 a.m. I was around 80 miles, and it always felt good to count down the last 20. The air was so thick I could feel it sticking to every inch of my body, sucking the life out of me. Vicki Trotter showed up at 5 a.m. and gave me new life. We did a nice, easy walk/run, joyfully noticing the birds chirping, and changing light, which would bring us dawn. Watching the morning come to life is one of my favorite things that I don't do nearly enough, and I was grateful for these moments.

I bent over to fill my water just before starting hour 23...and my back spasmed. I fought to stand up, in so much pain. I hobbled to the starting line and staggered down my driveway. After all this, was my back going to do me in at mile 92? This was NOT HAPPENING. I sent Vicki into my house to look for painkillers, and she brought me some mid loop. It would kick in by the next loop, but I had to finish this one in time.

My first mile was 16 minutes, so I had to make up time, and I was still only hobbling along. I tried to hold my core very tight and still, trying a slow jog, and it felt ok, so I kept going, speeding up to around an 11 minute pace. I was exerting a lot of energy to keep my core still, and trying to take short, smooth strides. I was at 28 minutes at 2 miles, so I had to keep jogging. I was able to click off 11:30's for my last two miles, and finish that lap with time to spare. Only about 70 runners were ready to head out on lap 24. The Ibuprofen finally started to kick in, and it started to rain lightly. I felt refreshed, almost giddy, and ready to finish. The neighborhood was buzzing with people out for their morning walks. A few asked if I was STILL running, was I crazy, was I tired, or how far had I gone? Yes on all counts!

I ran into my garage, stopped my watch, and put my hands in the air in a triumphant YES! My eyes welled up with tears, like always when I finish 100 miles. But, wait. Could I try for one more lap??? My competitive spirit took over, and I headed out on Lap 25 with only 54 other runners! At the end of this lap I ended my race with 104.167 miles DNF! I might have been able to do another lap, or even more, but I didn't want to push so hard that I may require medical attention or become seriously immuno-compromised.

Continued on next page

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For a complete list of all directors, personnel, and board meeting minutes, please go to the "about" tab on our website: www.floridastriders.com

If you are interested in joining the Florida Strider Board of Directors or becoming a race director, please contact Jon Guthrie or Bill Krause for more information on how to get involved. We would love to have you!

"Quarantine" continued

I sat in the garage for a bit, proud and happy to be alive and be a runner! We can really do anything we set out to do with enough desire!

The race went on for 63 hours, the last 17 with only two men. Michael Wardian, running an outdoor loop in Virginia, and Radek Brunner of the Czech Republic, running on a treadmill. Both looked strong, like they could go on for hours more. At the beginning of Hour 63 we could see Wardian start his lap, and Brunner stood still at the end of his treadmill looking ahead for the signal to start. He started the lap about two minutes late, and was disqualified, despite finishing the lap on time. It turns out there was a technical delay in his Zoom feed, and no one was able to alert him in time.

This end to such a dramatic and interesting race was very controversial, and people passionately argued both sides. In the end, the RDs had to interpret and apply the rules in the way they thought was right. Participants and spectators were all thankful to have a place to come together for a few days and celebrate a sport we love, with people we love.

The Backyard format is simple yet impossible. Every hour you must begin again, yet there is no set ending. "There is no second place in the backyard. The race is binary. You win, or you DNF." Lazarus Lake.



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Thanks for Adapting With Us

Written by Bill Krause, Race Director

March 20th, we had to make the difficult decision to either cancel our annual Run To The Sun Race, or turn it into a Virtual Run. It really wasn't a tough call. Our Children's Running Programs, College Scholarships, Running Classes, and other community programs rely on the funds generated from our races and memberships, so,...Virtual Run it is!

The original race date was April 18th, but we extended the run through April 30th in the hopes of getting a lot of people to join us. The run will be over by the time this newsletter hits the press, but I am happy to report that 320 people have signed up as of April 21st. We usually get about 600 runners, but this is still pretty darn good, and we have 9 days to go. We have also received a record number of donations. Thank you all very much!

Almost 100 runners have accepted our request to post their pictures and/or times on our Facebook page. What a fun group!

Thank you all very much once again for your generosity and support for our club. Remember to stay safe, stay healthy, and get out there for a nice walk or run.